



# Groups & Activities for People Living with Dementia & their Carers in Ashfield & Mansfield

There are a number of groups in the area which can offer help and support for people living with Dementia and their carers.

## Peer Support & Activity Groups

### **Memories in Mind (formerly MAMS) -**

provide support for people living with Dementia in Mansfield and Ashfield. On a Monday, Wednesday and Friday people living with Dementia can attend sessions from 9.00 am - 3.00 pm at the Mind building on St John's Street in Mansfield. The sessions provide a range of stimulating activities including



armchair exercise, music therapy, quizzes, crafts and relaxation. A two course lunch and refreshments are provided. The charge is £30 a day, however, if all three days are booked the third day is half price, so £75 for all three days. You will need to pre-book in advance as places are limited. To find out more and check availability please contact **Nathan Williamson from Mind on 01623 658 044** or email: [mams@nottinghamshiremind.org.uk](mailto:mams@nottinghamshiremind.org.uk)

**Forget Me Not Dementia Support Group** - A self help and support group for people with memory problems, their families and friends. The group is unique in meeting the needs; both of the carer as well as the person living with Dementia. There are two groups; the first group meets on the 3rd Monday of the month at Kirkby Trinity Centre Point, on Diamond Avenue in Kirkby-in-Ashfield. The group meets at 1.30 pm to 3.30 pm and provide a supportive, friendly and welcoming environment for people living with Dementia and their carers. Both centres are accessible and provide either free parking or street parking is available. To find out more about the session **please ring 07763 519 196 or 07751 006 107** or email [forget-me-not.support@hotmail.co.uk](mailto:forget-me-not.support@hotmail.co.uk)

## Peer Support & Activity Groups (continued)



The second group meets on the 1st Tuesday of the month at St John's Heritage Centre in Kirkby Woodhouse from 1.30 pm to 3.30 pm offering the same friendly and supportive environment. To find out more about the session **please ring 07763 519 196 or 07751 006 107** or email [forget-me-not.support@hotmail.co.uk](mailto:forget-me-not.support@hotmail.co.uk)

The **Ladies Luncheon Club** is held on the last Tuesday of the month from 1.30 pm till 3.00 pm at Kingfisher Court in Sutton-in-Ashfield, just off the A38. The club provides social interaction for ladies aged 65 and over and offers a light lunch, games including bridge and scrabble and also the chance to learn about technology. The session is held in the beautiful tea room at Kingfisher, is free of charge and everyone is welcome. The building is fully accessible and there is free parking (the parking is somewhat limited, but there is also street parking in the area). For more information **telephone 01623 44 0325**.

The **Gentleman's Club** is held on the last Thursday of the month from 2.00 pm till 3.30 pm at Kingfisher Court in Sutton-in-Ashfield, just off the A38. The club provides social interaction for gentlemen aged 65 and over and offers a good old chat, game of dominoes, cards or other activities with like-minded gentlemen. Come along and make new friends over a fabulous pint of cold beer and a few snacks. The session is free of charge and everyone is welcome. The building is fully accessible and there is free parking (the parking is somewhat limited, but there is also street parking in the area). For more information **telephone 01623 44 0325**.

Dementia Cafés are a place to relax, socialise and meet other people with Dementia and their carers. Café facilitators also provide information about living with Dementia and other services available locally in an informal and comfortable environment.

### Carer Support Groups

There are two carer support groups operating across Mansfield and Ashfield. The Carers Trust runs a monthly peer support group for carers (people living with Dementia are also welcome to attend the group). The Mansfield group is on the first Friday of the month from 10.00 till 12.00 at the Friends Meeting House on Rosemary Street. The Ashfield Group is on the 2nd Monday of the month from 1.00 till 3.00 at Ashfield Voluntary Action (in the Health and Wellbeing Centre on Portland Street in Kirkby-in-Ashfield). The groups offer a chance to meet other carers in a friendly and informal environment and includes the opportunity to enjoy activities, outings and informative presentations from guest speakers. To find out more about the sessions, please ring **0115 824 8824** or email [hub@carerstrustem.org](mailto:hub@carerstrustem.org)



**Carers in Hucknall** is a peer support group welcoming both carers and the cared for from Hucknall and the surrounding area. The group meets on the 1st and 3rd Tuesday of the month

from 1.30 pm to 3.30 pm at the John Godber Centre. The building is accessible and there is plenty of pay and display parking to the rear of the building, alternately there is street parking easily available in the area. The sessions are friendly, refreshments are provided and everyone is welcome. Please call Jim Radburn on **0115 953 0746** or email: [carersinhucknall@yahoo.co.uk](mailto:carersinhucknall@yahoo.co.uk)

### Activities for People Living with Dementia

**Singing for the Brain®** brings people with Dementia and their carers together in a friendly, fun and social environment. Based around the principles of music therapy, the stimulating sessions include vocal warm-up and singing a wide variety of familiar and new songs. The Alzheimer's Society Singing for the Brain® is held at Mind on St John's Street, Mansfield on Tuesday mornings. To book a place contact **0115 9343 811**. Please note that you will have to book your place to attend this activity.



### Singing Groups for Adults Living with Dementia

There are currently two singing groups being run by Inspire Learning for adults living with Dementia and their carers. One is at Mansfield Library, the other at the Lammas Centre. The groups are well underway, but contact Inspire Learning to find out more about future singing groups in Mansfield and Ashfield on **01623 677 200**.

### Forget Me Not Dementia Choir

This newly established group meets on the last Monday of the month from 1.30 - 3.30 pm at Trinity Centre Point in Ashfield. The Centre is fully accessible and parking is free. For more information please ring **077635 19196** or **077510 06107**.

### Mansfield Town's Older Adults Football Club

The aim of this group is to reduce social isolation with individuals aged 65+ who have an interest in football or sports; both watching or playing! This group is suitable for anyone who has an interest in sports as well as those with a Dementia diagnosis (along with their carers). This group is also suitable for

those with Working Age Dementia and their families.

A small 50p donation is requested to cover the cost of refreshments and parking is free.

Email: [co.production@nottscgov.uk](mailto:co.production@nottscgov.uk)



### Dementia Friendly Swimming Sessions

Water Meadows in Mansfield offers Dementia Friendly swimming sessions in a relaxed and quiet environment in the Competition pool on a Friday morning from 9.00 - 10.00 am. The Lifeguards and Reception staff are Dementia Friends trained. Please ring **0345 0000 232** for more information. Normal charges for swimming apply.

### Dementia Friendly Film Screenings

Mansfield Library will be running regular Dementia Friendly film screenings throughout 2022.

Dementia Friendly film screenings are back by popular demand having restarted in February half term 2022. The films cost £1 per person and you will have to book your place through Eventbrite. For more information on the films being screened, please go to <https://www.inspireculture.org.uk/arts-culture/dementia-friendly-film-screenings/>



The auditorium is on the second floor of the building with good lift access, but the seating is stepped. There are 3 wheelchair user tickets available.

For more information email: [ask@inspireculture.org.uk](mailto:ask@inspireculture.org.uk) or ring **01623 677 200**.

To find out more about what is happening in Ashfield, or to advise of any corrections, amendments or additions please contact:

**Sarah Taylor**  
**Health & Wellbeing Officer**  
**Ashfield Voluntary Action**

Ashfield Health & Wellbeing Centre, Portland Street, Kirkby-in-Ashfield  
Nottinghamshire, NG17 7AE.

 **01623 555 551**

[www.ashfieldvoluntaryaction.org.uk](http://www.ashfieldvoluntaryaction.org.uk)  
[info@ashfieldvoluntaryaction.org.uk](mailto:info@ashfieldvoluntaryaction.org.uk)